

The mission of the University of Chicago Celiac Disease Center is to raise diagnosis rates for celiac disease and meet the critical needs of people with the condition, through education, research, and advocacy.

WHAT TO KNOW

Label Reading Tips

When reading a label, look for the claim “gluten free,” but don’t stop there. It’s a good idea to read the ingredient list as well. Look for the following six words:

- > Wheat
- > Rye
- > Untested oats
- > Barley
- > Malt
- > Brewer’s yeast

Sometimes oats have cross-contact, yet the product is labeled “gluten free.” Assume that oats contain gluten unless they are specifically labeled gluten free.

AVOID any food that contains one of these ingredients.

All ingredients are gluten free and non-genetically engineered.

INGREDIENTS: Oats, dried cane syrup, brown rice flour, canola oil, gum acacia, water, honey, raisin paste, oat flour, millet, buckwheat, amaranth, quinoa, cinnamon, vanilla extract, salt, Vitamin E (to maintain freshness).

Allergen Information: Made in a facility that processes peanuts, tree nuts, soy and sesame seeds.

Chocolate Espresso	
Ingredients: Rolled Oats* (Gluten Free), Peanut Butter*, Honey*, Tapioca Syrup*, Cacao*, Chocolate Chips* † (Cane Sugar*, Cacao Mass*, Cacao Butter*), Peanuts*, Coffee*, Sea Salt. Contains Peanuts. May contain traces of Sesame and Tree Nuts. *Organic. †Fair Trade. Ingredients : Flocons d'avoine* (sans gluten), beurre d'arachide*, miel*, sirop de tapioca*, noix de coco*, brasures de chocolat* † (sucre de canne*, pâte de cacao*, beurre de cacao*), arachides*, café*, sel de mer. Contient des arachides. Peut contenir des traces de graines de sésame et de noix. *Biologique. †Commerce équitable.	
Nutrition Facts Valeur nutritive Per 1 bar (80 g) pour 1 barre (80 g)	
Calories 370	% Daily Value*
Fat / Lipides 19 g	25 %
Saturated / saturés 9 g	30 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 43 g	18 %
Fiber / Fibres 5 g	15 %
Sugars / Sucres 15 g	
Protein / Protéines 13 g	
Cholesterol / Cholestérol 0 mg	
Sodium 90 mg	4 %
Potassium 350 mg	7 %
Calcium 90 mg	2 %
Iron / Fer 1.5 mg	8 %
Vitamin D / Vitamine D 0 mcg	0 %
*5% or less is a little 15% or more is a lot *5% ou moins c'est peu 15% ou plus c'est beaucoup	

- > Check the food label each time you purchase a food because food manufacturers sometimes change the ingredients.
- > If you are ever unsure of an ingredient, call your care team.
- > “Contains” statements may not include rye, oats, and barley. Checking ingredient lists every time is important for this reason.
- > Natural and artificial flavorings are usually gluten free.
- > Meal replacements such as protein shakes and bars may also contain gluten.

Whether you are newly diagnosed or have been living with celiac disease for decades, education is key to staying healthy and enjoying a high quality of life. At The Celiac Disease Center, one of our goals is to provide information that makes following a gluten-free diet as easy as possible.



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If you have any questions, please reach out. Your care team is only a phone call away.